

Safe and Sober – Labor Day Weekend

MYTHS AND FACTS ABOUT ALCOHOL AND DRUNK DRIVING

Myth: Coffee can sober up someone who has had too much to drink.

Fact: Only time sobers. It takes about one hour to metabolize each drink.

Myth: Hard liquor is more intoxicating than beer or wine.

Fact: A 12-ounce can of beer, a five-ounce glass of wine, and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as an ounce-and-a-half of liquor.

Myth: Someone who has had too much to drink will look intoxicated.

Fact: Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.

COMMAND PREVENTION PROGRAM

- Establish an effective Designated Driver campaign that reminds Sailors to designate non-drinking drivers before celebrations begin;
- Develop a competition between Divisions, Departments and Work Centers to reduce alcohol-related incidents, traffic violations and crashes. Reward those that achieve a 100% success rate and recognize them publicly;
- Use e-mail, bulletin boards, displays, signs and other communications channels to send messages from now until the end of the Labor Day weekend reminding all about the dangers of drinking and driving and the hazards of driving on Labor Day weekend;
- Enlist Military Police to participate in any multi-agency law enforcement efforts, including sobriety checkpoints;

- Advertise your command will be participating in sobriety checkpoints;
- Sponsor or support local "safe ride home" programs;
- Hold "Safe and Sober" Labor Day Weekend events at on-base schools, officer and enlisted clubs, commissaries, and exchanges.

RESPONSIBILITIES FOR HOSTING A PARTY

SOCIAL HOST RESPONSIBILITY

Though an unfamiliar term a decade ago, today we recognize this phrase as encompassing everything from planning the party menu to assessing how guests will get home safely once the party is over.

Your role as a responsible party host can prevent your friends and loved ones from becoming the next alcohol-related statistic!

PLANNING A PARTY

As a host, you want your guests to enjoy themselves. Here are a few pointers to ensure that your guests will have fun ... and live to remember it!

- Plan lots of group activities -- like party games.
- Prepare plenty of foods so guests will not drink on empty stomachs.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.
- Offer a variety of non-alcoholic beverages for the designated driver and others who prefer not to drink alcohol.
- Do not push drinks!!! Drinking at a party is not mandatory for having a good time.
- If preparing an alcoholic punch, use a non-carbonated base like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
- Ask guests to appoint a designated driver before the evening begins. This person drinks only non-alcoholic beverages to ensure that friends or loved ones get home safely.

- Be honest when inviting guests who are known to drink to excess. Tell them that drinking and driving is unacceptable at your party. Get their agreement to find alternate modes of transportation.
- Hold a contest for employees to create non-alcoholic drink recipes. Serve the winner's drinks at the party.
- Schedule activities or entertainment to keep the focus away from drinking.

DURING YOUR PARTY

- Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
- Never force a drink on a guest!!!
- Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- If, despite your efforts, some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.

WHAT YOU CAN DO

How do I approach one of my guests whose as had too much to drink? I mean, I don't want to lose a friend.

The first time is the hardest, but your actions could save your friend's life or that of an innocent victim. Pull your guest aside and politely, but firmly, tell them that you cannot let them drive home because you care. Offer to let the guest spend the night, call a cab or ask another, sober guest to drive the intoxicated person home.

How will I be held responsible if one of my guests is involved in a crash?

The laws vary from state to state, but you could be held responsible for the costs associated with the crash including medical bills and property damage and be sued for emotional pain and suffering.

What can I do to stop drunk driving?

- Be a responsible party host.
- Get involved at your command.
- Meet and discuss drunk driving and alcohol abuse in your work center.
- Be a real friend if you spot someone who is intoxicated and make sure they do not drive.

BE A SAFE AND RESPONSIBLE DRIVER

HOW TO SPOT A DRUNK DRIVER!

- Accelerating or decelerating rapidly;
- Straddling lanes or driving on the center line;
- Drifting or moving in a straight line at a slight angle to the roadway;
- Driving with headlights off at night;
- Driving below the speed limit;
- Erratic braking or stopping without cause;
- Slow response to traffic signals (sudden stop, delayed start);
- Nearly striking an object, curb, etc.;
- Weaving or zig-zagging across the road;
- Driving on the wrong side of the road or completely off the roadway;
- Wide turns.

DESIGNATED DRIVER

WHAT DOES THE *DESIGNATED DRIVER* DO?

- Drinks only non-alcoholic beverages.
- Provides safe and sober transportation home for companions.

WHY BE A *DESIGNATED DRIVER*?

- To be the "life insurance" for your group's trip home.
- Make the roads safer for all who are traveling.
- To help friends avoid embarrassment, keep their licenses, and avoid arrest.

SAFE RIDE PROGRAM

WHAT IS THE "*SAFE RIDE*" PROGRAM?

- Commands establish agreement with local taxi company
- Sailors can call taxi for ride home.
- No penalty or punishment to Sailor.
- Ensures Sailors who have been drinking a safe ride home.